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The claims:

1. An apparatus for promoting or assisting the healing of an injured area of human anatomy by alternative applications of a fluid at differing temperatures, said apparatus including a spray applicator and a reservoir for said fluid with a pressure pump and fluid heater, the apparatus in use being arranged such that the spray applicator is connected to said pressure pump whereby timed sprays of the fluid from said reservoir at a selected temperature can be applied to said injured area to increase blood circulation.
2. The apparatus as claimed in claim 1 wherein said apparatus further includes a second source of fluid spray at a temperature below said selected temperature.
3. The apparatus as claimed in claim 2 wherein the fluid reservoir is a tank with said fluid heater and pressure pump being built-in.
4. The apparatus as claimed in claim 3 wherein said apparatus further includes a tub or sump for collection and reuse of said fluid.
5. The apparatus as claimed in claim 4 wherein said fluid is a solution of salts and minerals dissolved in water.

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6. The apparatus as claimed in claim 5 wherein the pressure pump is adapted to operate off a 12 volt supply to avoid electrical shock.

7. The apparatus as claimed in claim 6 and further including a thermostat for controlling said fluid heater.

8. The apparatus as claimed in claim 7 wherein the reservoir is a cylindrical tank of a size suitable for placement in a domestic bathroom.

9. A method of using the apparatus of claim 1 to promote blood circulation to an injured area of the human anatomy, said method including the steps of:-

- heating said fluid to the selected temperature in said reservoir, and
- applying timed sprays of the fluid at said selected temperature to said injured area.

10. The method as claimed in claim 9 and including the additional step of:-

- alternating said timed sprays of fluid at said selected temperature with timed sprays of fluid at a temperature below said selected temperature.